KAY'S
HOME DOCTOR AND ALMANACK

1932
EDITION

With the Compliments of

Timothy Whites
(1928). Ltd.

The Reliable CASH CHEMISTS.

Branches throughout the South of England

KAY'S
Home Doctor & Housewife's Almanack

FOR

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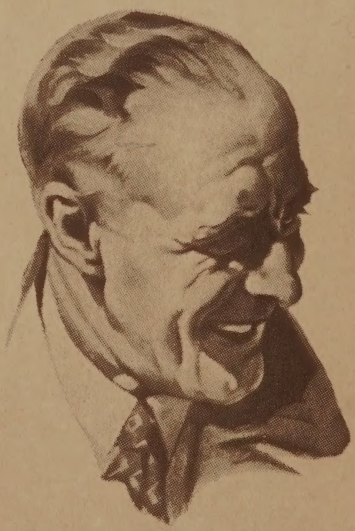

My father taught me, and I'm teaching the kids what to take for Coughs and Colds

KAY *Brand*

Linseed Compound

22500455799

CALENDAR 1932

JANUARY						
S	..	3	10	17	24	31
M	..	4	11	18	25	..
Tu	..	5	12	19	26	..
W	..	6	13	20	27	..
Th	..	7	14	21	28	..
F	1	8	15	22	29	..
S	2	9	16	23	30	..

FEBRUARY						
S	..	7	14	21	28	
M	1	8	15	22	29	
Tu	2	9	16	23	..	
W	3	10	17	24	..	
Th	4	11	18	25	..	
F	5	12	19	26	..	
S	6	13	20	27	..	

JULY						
S	3	10	17	24	31	
M	4	11	18	25	..	
Tu	5	12	19	26	..	
W	6	13	20	27	..	
Th	7	14	21	28	..	
F	1	8	15	22	29	..
S	2	9	16	23	30	..

AUGUST						
S	..	7	14	21	28	
M	1	8	15	22	29	
Tu	2	9	16	23	30	
W	3	10	17	24	31	
Th	4	11	18	25	..	
F	5	12	19	26	..	
S	6	13	20	27	..	

MARCH						
S	..	6	13	20	27	
M	..	7	14	21	28	
Tu	1	8	15	22	29	
W	2	9	16	23	30	
Th	3	10	17	24	31	
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S	5	12	19	26	..	

APRIL						
S	..	3	10	17	24	
M	..	4	11	18	25	
Tu	..	5	12	19	26	
W	..	6	13	20	27	
Th	..	7	14	21	28	
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SEPTEMBER						
S	..	4	11	18	25	
M	..	5	12	19	26	
Tu	..	6	13	20	27	
W	..	7	14	21	28	
Th	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	..	

OCTOBER						
S	2	9	16	23	30	
M	3	10	17	24	31	
Tu	4	11	18	25	..	
W	5	12	19	26	..	
Th	6	13	20	27	..	
F	7	14	21	28	..	
S	1	8	15	22	29	..

MAY						
S	1	8	15	22	29	
M	2	9	16	23	30	
Tu	3	10	17	24	31	
W	4	11	18	25	..	
Th	5	12	19	26	..	
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S	7	14	21	28	..	

JUNE						
S	..	5	12	19	26	
M	..	6	13	20	27	
Tu	..	7	14	21	28	
W	1	8	15	22	29	
Th	2	9	16	23	30	
F	3	10	17	24	..	
S	4	11	18	25	..	

NOVEMBER						
S	..	6	13	20	27	
M	..	7	14	21	28	
Tu	1	8	15	22	29	
W	2	9	16	23	30	
Th	3	10	17	24	..	
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S	5	12	19	26	..	

DECEMBER						
S	..	4	11	18	25	
M	..	5	12	19	26	
Tu	..	6	13	20	27	
W	..	7	14	21	28	
T	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	31	

1931

SEPTEMBER						
S	..	6	13	20	27	
M	..	7	14	21	28	
Tu	1	8	15	22	29	
W	2	9	16	23	30	
Th	3	10	17	24	..	
F	4	11	18	25	..	
S	5	12	19	26	..	

OCTOBER						
S	..	4	11	18	25	
M	..	5	12	19	26	
Tu	..	6	13	20	27	
W	..	7	14	21	28	
Th	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	31	

NOVEMBER						
S	1	8	15	22	29	
M	2	9	16	23	30	
Tu	3	10	17	24	..	
W	4	11	18	25	..	
Th	5	12	19	26	..	
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S	7	14	21	28	..	

DECEMBER						
S	..	6	13	20	27	
M	..	7	14	21	28	
Tu	1	8	15	22	29	
W	2	9	16	23	30	
Th	3	10	17	24	31	
F	4	11	18	25	..	
S	5	12	19	26	..	

1933

JANUARY						
S	1	8	15	22	29	
M	2	9	16	23	30	
Tu	3	10	17	24	31	
W	4	11	18	25	..	
Th	5	12	19	26	..	
F	6	13	20	27	..	
S	7	14	21	28	..	

FEBRUARY						
S	..	5	12	19	26	
M	..	6	13	20	27	
Tu	..	7	14	21	28	
W	1	8	15	22	..	
Th	2	9	16	23	..	
F	3	10	17	24	..	
S	4	11	18	25	..	

MARCH						
S	..	5	12	19	26	
M	..	6	13	20	27	
Tu	..	7	14	21	28	
W	1	8	15	22	29	
Th	2	9	16	23	30	
F	3	10	17	24	31	
S	4	11	18	25	..	

APRIL						
S	2	9	16	23	30	
M	3	10	17	24	..	
Tu	4	11	18	25	..	
W	5	12	19	26	..	
Th	6	13	20	27	..	
F	7	14	21	28	..	
S	1	8	15	22	29	..

Bank Holidays: England—March 28th, May 16th, Aug. 1st, Dec. 26th. Scotland—Jan. 1st., May 2nd.

Quarter Days: England—March 25th, June 24th, Sept. 29th, Dec. 25th. Scotland—Feb. 2nd, May 15th, Aug. 1st, Nov. 11th.

Eclipse in 1932: Moon—September 14th, 9-6 p.m.

Daylight Saving begins April 17th, ends October 2nd.

Postal Information—*Inland.*

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Post Cards to all destinations abroad, 1½d.

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* See Post Office Guide for Magazine Post to Canada and Newfoundland and Literature for the Blind.

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No. BES 1932

JANUARY NOTES, BIRTHDAYS, Etc.

1 Fri	*Bank Holiday in Scotland*	17 Sun.	
2 Sat.		18 Mon.	
3 Sun.		19 Tues.	
4 Mon		20 Wed.	
5 Tues.	*Dividends due*	21 Thurs.	
6 Wed.		22 Fri.	
7 Thurs.		23 Sat.	
8 Fri.		24 Sun.	
9 Sat.		25 Mon.	
10 Sun.		26 Tues.	
11 Mon.		27 Wed.	
12 Tues.		28 Thurs.	
13 Wed.		29 Fri.	
14 Thurs		30 Sat.	
15 Fri.		31 Sun	
16 Sat.			

"Day lengthens—cold strengthens"
Keep Kay Linseed handy!

A Dictionary of First Aid and Home Nursing

ANÆMIA, or Poor State of the Blood, requires moderate exercise, change of air from the town to the country or seaside. The diet should be plain and nourishing, and the use of chalybeate waters (containing iron) is beneficial. Two or three Blaud's Pills may be taken three times a day, after food ; or Tincture of Iron, 10 drops in water, three times daily, after meals. When constipation is produced by the use of this medicine, a teaspoonful of Laxopru Brand Laxative Syrup should be taken at night or first thing in the morning. Cod liver oil, extract of malt, etc., are also of service.

APOPLEXY.—Raise the head slightly, and loosen everything tight round the neck ; apply cold water cloths to the head, put hot water bottles to the feet. Give no water or stimulants. Send for the doctor *immediately*.

LAXOPRU Brand Laxative Fruit Syrup is a Tonic Intestinal Stimulant invaluable in Chronic Constipation.

FEBRUARY NOTES, BIRTHDAYS, Etc.

1 Mon.	*Partridge & Pheasant Shooting ends*	16 Tues.	
2 Tues.		17 Wed.	
3 Wed.		18 Thurs.	
4 Thurs.		19 Fri.	
5 Fri.		20 Sat.	
6 Sat.		21 Sun.	
7 Sun.		22 Mon.	
8 Mon.		23 Tues.	
9 Tues.	*Shrove Tuesday*	24 Wed.	
10 Wed.	*Ash Wednesday*	25 Thurs.	
11 Thurs.		26 Fri.	
12 Fri.		27 Sat.	
13 Sat.		28 Sun.	
14 Sun.	*1st Sunday in Lent* *St. Valentine's Day*	29 Mon.	
15 Mon.			

"February fill dyke"—
take a dose of Kay Linseed when feeling chilly.

ASTHMA is a nervous and spasmodic disease which affects the tubes of the lungs. The attacks come on in paroxysms, with a sensation of suffocation and difficulty of breathing. It is often induced by damp, foggy weather or a north-east wind.

A teaspoonful of *Kay Brand Linseed* in water at bed-time, during such weather or when an attack is expected, will often be found to ward off attacks and to remove the preliminary constrictive and apprehensive feeling. A similar dose taken when an attack comes on, and repeated in half-doses every half-hour until relieved, is pronounced by many old asthmatic sufferers to have an excellent effect. Much relief is obtained by inhaling Kayloid Brand Inhalant* which is a concentration of soothing and antispasmodic essences. Kay's Asthma Cigarettes† are useful.

BILIOUS ATTACK.—Take one or two *Kay Brand Mountain Flax* ("*L.C.*") *Pills.* The cause is usually chronic bowel sluggishness. A course of *Laxopru Brand Laxative Fruit Syrup* will restore healthy tone to the bowel and will re-establish regular daily evacuations. The tendency to biliousness will then disappear.

* KAYLOID BRAND INHALANT.—At Chemists, **1s.**

† KAY'S ASTHMA CIGARETTES.—At Chemists, **1/6**

KAY LINSEED relieves cough and gives first good night's sleep for months

3, Middle Temple Lane, E.C.

Dear Sirs.—I have much pleasure in informing you of the great benefit I have received from KAY LINSEED. I have been troubled for the last twelve months with a very bad cough, day and night, and no sleep. I tried many remedies and at last became an out-patient of a London Hospital for diseases of the Chest. I attended there over three months, but they did me no good, in fact, when I discontinued attending, my cough was much worse. A short time ago I was with a friend who noticed my cough and presented me with a bottle of "KAY" LINSEED, and upon taking some the first night I enjoyed a good night's sleep—a thing I had not had for months. I am glad to say I am much better and have recommended the "KAY" LINSEED to several of my friends who have been fellow sufferers, and they speak most highly of it.

Yours truly, CHAS. WILLIAMS.

MARCH NOTES, BIRTHDAYS, Etc.

1 Tues.	*Fly Fishing begins*	17 Thurs.	*St. Patrick's Day*
2 Wed.		18 Fri.	
3 Thurs.		19 Sat.	
4 Fri.		20 Sun.	*Palm Sunday*
5 Sat.		21 Mon.	
6 Sun.		22 Tues.	
7 Mon.		23 Wed.	
8 Tues.		24 Thurs.	
9 Wed.		25 Fri.	*Good Friday*
10 Thurs.		26 Sat.	
11 Fri.		27 Sun.	*Easter Sunday*
12 Sat.		28 Mon.	*Bank Holiday*
13 Sun.		29 Tues.	
14 Mon.	*Fresh Water Coarse Fishing ends*	30 Wed.	
15 Tues.		31 Thurs.	
16 Wed.			

Kay Brand Linseed protects delicate chests against danger from March winds.

BOILS are an indication of the system being "out of order," and saline aperients and iron should be taken. The application of a soap plaster, bread poultices, or hot fomentations will bring them to a "head." After evacuation, disinfect the surrounding parts by bathing with boracic acid in hot water. Dress afterwards with boric lint.

BRONCHITIS, or Inflammation of the Bronchial Tubes.—In *Acute Bronchitis*, the mucous membrane of the bronchial tubes becomes swollen and inflamed, making it extremely difficult for air to pass into the lungs. This difficulty occasions the feeling of a heavy weight on the chest accompanied by stertorous breathing, a constant endeavour to relieve the chest by an unavailing cough, and a deep-seated pain extending right through the back. In cases of this description a medical man should be called in, but if his services are not obtainable the following treatment may be followed:—

Let the patient at once take two *Kay Brand Mountain Flax Pills** as an aperient, and ten grains of Dover's Powder, with a teaspoonful of *Kay Linseed* to excite profuse perspiration. If the breathing becomes so laborious as to threaten suffocation, let ten grains of *Ammonium Chloride*, or one or two *Ammonium Chloride Lozenges* dissolve on the tongue, and apply hot turpentine cloths to the chest until redness is produced and the urgency of the symptoms is relieved. The inhalations on page 19 are beneficial. The patient must remain indoors,

* KAY BRAND MOUNTAIN FLAX PILLS.—At Chemists, **1s. 3d.**

KAY Brand LINSEED relieves Chronic Bronchial Catarrh

APRIL NOTES, BIRTHDAYS, Etc.

1 Fri.	*All Fools Day*	16 Sat.	
2 Sat.		17 Sun.	*Summer Time begins*
3 Sun.		18 Mon.	
4 Mon.		19 Tues.	
5 Tues.	*Dividends due*	20 Wed.	
6 Wed.		21 Thurs.	
7 Thurs.		22 Fri.	
8 Fri.		23 Sat.	
9 Sat.		24 Sun.	
10 Sun.		25 Mon.	
11 Mon.		26 Tues.	
12 Tues.		27 Wed.	
13 Wed.		28 Thurs.	
14 Thurs.		29 Fri.	
15 Fri.		30 Sat.	

Nature's own spring medicines are concentrated in Laxopru Laxative Syrup.

taking a teaspoonful of a mixture composed of *Ipecacuanha Wine and Kay Linseed* every two or three hours, and drinking barley water, tea, and the like, avoiding spirits and fermented liquors and, for a time, animal food. When the inflammatory symptoms are abated, the strength must be kept up with beef tea, jellies, etc., the appetite stimulated with *Quinine Wine*, and the *Kay Linseed* continued in small doses.

BRUISES.—When unbroken, apply a lotion composed of equal parts of Tincture of Arnica and Glycerine, or a mixture of Whisky and Glycerine. When the skin is broken, sponge with warm water containing boric acid, remove all dirt, and paint over with Friar's Balsam, and apply a little boric lint for protection.

BURNS and SCALDS.—Apply cold water followed by *baking* soda (soda bicarbonate) or linseed oil and lime water shaken together, on strips of lint. Cover up with cotton wool to exclude the air; later, apply Zinc Ointment to heal. A person on fire should be pulled down, and rugs, blankets, or a coat thrown over him to smother the flames. Medical aid should be obtained if the burn is extensive, as the consequent shock to the system may be serious.

Nasal Catarrh with intense pain relieved in twenty minutes; complete cure in two days

Snow Hill, Manchester.

Dear Sir,—I was so much pleased with the effects of KAY LINSEED a few weeks ago that I cannot resist giving you my testimony as to its value. I was suffering from a most fearful catarrh, and had been for about ten days. The discharge from my nasal glands was so much that I suffered intense pain, especially at night, almost amounting to Tic-Doloreux; in fact, I began to think I had got the "Glanders" itself. Being in Rochdale, I called upon a friend who, having a bottle of KAY LINSEED open, gave me a dose. I assure you that in twenty minutes I was quite another man; and obtaining a bottle on my return to Manchester, it completely cured me in less than two days. I don't know what the component parts are of "KAY" LINSEED, but one thing is certain, that it is a most valuable preparation, as I have proved it in my family since that time.

I am, dear Sir, yours very faithfully, THOS. TOMLINSON.

MAY NOTES, BIRTHDAYS, Etc.

1 Sun.		17 Tues.	
2 Mon.	*Bank Holiday in Scotland*	18 Wed.	
3 Tues.		19 Thurs.	
4 Wed.		20 Fri.	
5 Thurs.	*Ascension Day*	21 Sat.	
6 Fri.		22 Sun.	
7 Sat.		23 Mon.	
8 Sun.		24 Tues.	*Empire Day*
9 Mon.		25 Wed.	
10 Tues.		26 Thurs.	
11 Wed.		27 Fri.	
12 Thurs		28 Sat.	
13 Fri.		29 Sun.	
14 Sat.		30 Mon.	
15 Sun.	*Whit Sunday*	31 Tues	
16 Mon.	*Bank Holiday*		

Kayloid Brand Compound Linseed Tablets protect the throat.

CARBUNCLE is a large, flat and painful tumour, which commonly affects the back of the neck and shoulders. Apply Liniment of Belladonna, or Laudanum, with a brush over the swelling to relieve the pain ; poultice with linseed meal, and foment with hot water until the " core " comes away. The general treatment must be of a sustaining character. Beef tea, chicken broth, eggs and milk should be freely taken. It is advisable to consult a doctor in these cases.

CATARRH (PULMONARY), or COLD on the CHEST.—See BRONCHITIS.

CHICKEN POX.—This is a contagious but harmless disease common among children. The symptoms are headaches, sickness, and a furred tongue. About the twelfth day after infection, an eruption breaks out of tiny red points turning next day to raised blisters, each in a pink circle. The child should be isolated and the doctor informed. In some areas the disease is notifiable.

CHILBLAINS.—When unbroken, paint once with tincture of iodine or apply a strong solution of sal ammoniac in water and allow to dry. Broken chilblains require poulticing with boric acid, and in cases of discharge or proud flesh apply Friar's Balsam. To prevent this painful complaint, wear thick gloves, boots and stockings. Calcium lactate (5 gr. tablets) may be taken thrice daily.

KAY BRAND LINSEED COMPOUND
Relieves Night Cough

JUNE NOTES, BIRTHDAYS, Etc.

1 Wed		16 Thurs.	*Fresh Water Coarse Fishing begins*
2 Thurs.		17 Fri.	
3 Fri.		18 Sat.	
4 Sat.		19 Sun.	
5 Sun.		20 Mon.	
6 Mon		21 Tues.	*Longest Day*
7 Tues		22 Wed.	
8 Wed.		23 Thurs.	
9 Thurs.		24 Fri.	*Midsummer Day*
10 Fri.		25 Sat.	
11 Sat.		26 Sun.	
12 Sun.		27 Mon.	
13 Mon.		28 Tues.	
14 Tues.		29 Wed.	
15 Wed.		30 Thurs.	

Hay Fever (June "Cold") is relieved by Kayloid Brand Inhalant.

CHOKING.—If the substance causing the choking be at the upper part of the throat, thrust the finger and thumb into the mouth and endeavour to seize it. If this cannot be done, endeavour to push it down the gullet. A blow on the back will often dislodge the substance.

COLD in the HEAD or CORYZA.—The usual cause of ear trouble and deafness in later life, as well as of various serious affections. It is due to germ infection acquired in a stuffy atmosphere. Treatment must be very prompt. Put the feet in hot water. Take a cupful of gruel and a full dose of *Kay Brand Linseed* and go straight to bed. Adults may also take two five-grain tablets of aspirin or ten grains of Dover's powder. To prevent the cold reaching the chest continue with half-doses of *Kay Brand Linseed* until relieved. Gargle with *Kay Linseed* in water or with water made pink with permanganate of potash. To prevent head colds and also to relieve stuffed-up nostrils inhale Kayloid Brand Inhalant* from a handkerchief and dropped on the pillow at night.

* KAYLOID BRAND INHALANT.—At Chemists, per Bottle, **1s.**

Father, mother and son all cured of most troublesome coughs

Church End Farm, Wavendon, Woburn, Beds.

Dear Sirs,—I with much pleasure beg to inform you that I have given KAY LINSEED a fair trial. It has quite cured my wife, myself and my son of most troublesome coughs ; indeed we had tried almost everything, and nothing seemed of any avail. I was recommended by a friend of ours in this village to try a bottle of it, and we soon found great benefit, and if ever we are troubled again with coughs I shall immediately send to our Chemist for some more of it. I make this statement in justice to yourselves and for the general good of the public, and I trust you will make any use of it you think well. I am, very truly yours,

HUGH JOHN JACKSON

JULY NOTES, BIRTHDAYS, Etc.

1 Fri.		17 Sun.	
2 Sat.		18 Mon.	
3 Sun.		19 Tues.	
4 Mon.		20 Wed.	
5 Tues.	*Dividends due*	21 Thurs.	
6 Wed.		22 Fri.	
7 Thurs.		23 Sat.	
8 Fri.		24 Sun.	
9 Sat.		25 Mon.	
10 Sun.		26 Tues.	
11 Mon.		27 Wed.	
12 Tues.		28 Thurs.	
13 Wed.		29 Fri.	
14 Thurs.		30 Sat.	
15 Fri.	*St. Swithin's Day*	31 Sun.	
16 Sat.			

House ("Typhoid") Flies are best destroyed with VIPER Sticky Flycatchers or ERA Flyspray.

COLIC is a griping pain in the bowels, chiefly about the navel. It is produced by eating indigestible fruits, by a chill, by long-continued costiveness, or by lead poisoning. If from the first cause, castor oil should be administered—a tablespoonful for an adult, with 5 or 10 drops of laudanum. For Costiveness, see under Constipation. Hot fomentations are useful.

CONSTIPATION gives rise to an immense amount of ill-health and half-health. The whole system is injured by the poisonous decomposition products generated in the lower bowel from the unexpelled waste. The signs of this self-poisoning ("autointoxication") are headaches, irritability, lack of energy (often regarded as laziness), dull eyes and bad complexion. The remedy is to re-establish regular bowel action. A course of *Laxopru Laxative Fruit Syrup*† will restore the daily function and, by removing the cause, will relieve the symptoms—(see page 21).

† LAXOPRU LAXATIVE FRUIT SYRUP.—At Chemists, per Bottle, **1s. 3d.**

Quick relief after taking Kay Brand Linseed Compound

22, Rock Park, Rock Ferry, Cheshire.

Dear Sirs,—I am writing to tell you of the wonderful benefit received from KAY LINSEED. There is nothing to equal it for coughs, even of the most stubborn kind. I myself suffered every winter from the most racking coughs after colds and tried almost every patent medicine going, and also bottles of medicine from the doctor, but found nothing to relieve so quickly. Now, I get one bottle of your medicine and am quite free from the cough before I have finished the bottle. My husband, who also was very troubled with bad coughs, following colds, says "there's nothing like it." You may make what use you wish of this letter—it may warn the public never to accept a substitute when they ask for KAY LINSEED.

I am, gratefully yours,
(Mrs.) N. POWELL.

AUGUST NOTES, BIRTHDAYS, Etc.

1 Mon.	*Bank Holiday*	17 Wed.	
2 Tues.		18 Thurs.	
3 Wed.		19 Fri.	
4 Thurs.	*War declared on Germany, 1914*	20 Sat.	
5 Fri.		21 Sun.	
6 Sat.		22 Mon.	
7 Sun.		23 Tues.	
8 Mon.		24 Wed.	
9 Tues.		25 Thurs.	
10 Wed.		26 Fri.	
11 Thurs.		27 Sat.	
12 Fri.	*Grouse Shooting Begins*	28 Sun.	
13 Sat.		29 Mon.	
14 Sun.		30 Tues.	
15 Mon.		31 Wed.	
16 Tues.			

To prevent or to relieve Insect Stings
Use Kaybro Anti-sting.

CONSUMPTION OF THE LUNGS, results from infection of the lung substance by tubercle bacilli which produce inflammation resulting in ulceration and abscess cavities. These give rise to pus which is coughed up as a greenish yellow sputum which is highly infectious. *Neglected colds, unhealthy occupations, debilitating excesses, or the general disregard of nature's sanitary laws predispose to infection.* At the outset a slight but persistent cough with some mucus is accompanied by loss of appetite and lack of energy. Later, slumber sweats, high fever and exhausting cough are characteristic of the disease, often with hæmorrhages. Medical advice is imperative.

The best results have been obtained by living and sleeping in the open air, or well wrapped up in open-windowed bedrooms. The higher the elevation of the house the easier will be the breathing.

For hæmorrhage send for the doctor and meantime give ice to suck and apply an icebag to the chest, keeping the patient quiet.

The sputum should never be swallowed, but should be received in a vessel containing disinfectant. Good living and plenty of fat with meat, cod liver oil with a maximum of sunshine help the resistant powers of the system.

Ten years' family experience proves reliability of Kay Brand Linseed Compound.

Amlwch, Anglesey.

Dear Sirs,—I deem it my duty to inform you of the benefits I and my family have derived from the use of KAY BRAND LINSEED. I am never without a bottle or two in the house, and for the last ten years have always used it on the approach of a cough or cold of any kind, and it has invariably had the effect of freeing me in a very short time. Its value is inestimable, and it is a great pity it is not better known in the Principality.

Yours faithfully,
T. R. ROBERTS.

SEPTEMBER NOTES, BIRTHDAYS, Etc.

1 Thurs.	*St. Giles. Partridge Shooting begins*	16 Fri.	
2 Fri.		17 Sat.	
3 Sat.		18 Sun.	
4 Sun.		19 Mon.	
5 Mon.		20 Tues.	
6 Tues.		21 Wed.	
7 Wed.		22 Thurs.	
8 Thurs.		23 Fri.	
9 Fri.		24 Sat.	
10 Sat.		25 Sun.	
11 Sun.		26 Mon.	
12 Mon.		27 Tues.	
13 Tues.		28 Wed.	
14 Wed.		29 Thurs.	*Michaelmas Day*
15 Thurs.		30 Fri.	

Household Pests Multiply in September — See page 23.

COUGH is nature's way of ensuring the expulsion from the chest and lungs of secretion clogging the air passages. KAY BRAND LINSEED COMPOUND liquefies this secretion (phlegm) and thus makes expulsion easy and effortless. Its balsamic stimulating essences soothe the membranes of the chest and throat and heal the sore and irritated tissues.

CROUP is a violent inflammation of the lining of the windpipe and air-tubes, which produces a very tough sort of secretion of phlegm; this chokes up the pipes, and causes a peculiar crowing or barking sound of the voice with great difficulty in breathing or coughing. This complaint is so very dangerous and rapid in its course that suffocation will often occur in twelve hours. The utmost promptitude is therefore imperative to counteract its effect. Send for the doctor.

Treatment.—Put the child in a warm bath for five minutes; apply a mustard poultice to the chest; give a teaspoonful of ipecacuanha wine, with plenty of warm water, every quarter of an hour, until vomiting is produced, and afterwards, if two years old and upwards, *Kay Linseed*, small doses in warm water, every three hours, mixed with a few drops of ipecacuanha wine.

Daughter's distressing cough relieved by single spoonful of Kay Brand Linseed Compound

Moss Side, Manchester.

Dear Sirs,—Let me have the pleasure of sending you a line of entirely unsolicited but very cordial testimony to the great value of KAY LINSEED. My daughter (turned twenty) has for some time suffered from a distressing cough. Last night, however, a SINGLE SPOONFUL (then first tried) stopped the irritation INSTANTLY, with the happiest result. The ingredients of this most useful medicament (which it seems to me no family should be without) are really suitable, and the form of administration simplicity itself. Yours faithfully,

J. J. A., Journalist.

Mosquito Bites are prevented and relieved by Kaybro Anti-sting

OCTOBER NOTES, BIRTHDAYS, Etc.

1 Sat	*Pheasant Shooting begins*	17 Mon	
2 Sun.	*Summer Time ends*	18 Tues.	
3 Mon.		19 Wed.	
4 Tues		20 Thurs	
5 Wed.	*Dividends due*	21 Fri.	
6 Thurs.		22 Sat.	
7 Fri.		23 Sun.	
8 Sat.		24 Mon.	
9 Sun.		25 Tues.	
10 Mon.		26 Wed.	
11 Tues.		27 Thurs.	
12 Wed.		28 Fri.	
13 Thurs.		29 Sat.	
14 Fri.		30 Sun.	
15 Sat.		31 Mon.	
16 Sun.			

Tenasitine Adhesive Cement for Fireside Hobbies.

COUGH, Whooping.—This is a frequent disease of childhood, and is most contagious.

It begins as a cold, with cough, fever, and restlessness. The air-tubes become lined with a tough phlegm, very difficult of expectoration, as it clings so tenaciously to the inner membrane ; the excessive strain to get up this phlegm when coughing produces the characteristic whooping sound. The treatment must be to assist the child to get up the phlegm without so much straining, as well as to keep up its strength and appetite. Give *Kay Brand Linseed Compound*, small doses, in warm water, every three hours, and if the phlegm does not then come up easily, give a teaspoonful of ipecacuanha wine, with plenty of warm water afterwards, until vomiting is produced ; do this at night, or whenever it seems needful. Keep the bowels regular by a daily dose of *Laxopru Laxative Fruit Syrup.** Rectified oil of amber and camphorated oil, in equal parts, well rubbed on the back and chest twice a day, or at least every night, is beneficial. Give nutritious food *after*—not before fits of coughing.

DIARRHŒA arises from many causes, such as undigested food, skins of fruit adherent to the bowels, acidity of the stomach, or from poisonous ferments in unwholesome food. If caused by undigested food, give a dose of castor oil, or in case of acidity, a dose of Gregory's Powder. The diet should be very light, all hot liquids being excluded. If the cause be not known, consult a medical man. Summer cholera is a form very fatal amongst children, and due to infection deposited on food, in milk, etc., by flies. For the best means of preventing fly-borne infection see page 23.

* LAXOPRU LAXATIVE FRUIT SYRUP.—At Chemists, **1s. 3d.**

The daughter (aged two years) of Mrs. HOLLAND, Lancashire Hill, Stockport, suffering from a severe cough, with croup, lost her voice for a fortnight ; her life being despaired of, she was given KAY LINSEED, little and often ; this completely cured her.

NOVEMBER NOTES, BIRTHDAYS, Etc.

1	Tues.	16	Wed.
2	Wed.	17	Thurs.
3	Thurs.	18	Fri.
4	Fri.	19	Sat.
5	Sat.	20	Sun.
6	Sun.	21	Mon
7	Mon.	22	Tues.
8	Tues.	23	Wed.
9	Wed	24	Thurs.
10	Thurs.	25	Fri.
11	Fri.	26	Sat.
12	Sat.	27	Sun.
13	Sun.	28	Mon.
14	Mon	29	Tues.
15	Tues	30	Wed.

For cough due to fog Kay Brand Linseed Compound is invaluable.

DIPHTHERIA.—This highly dangerous disease begins with fever, depression, and what would seem to be a cold in the head, hoarseness, stiffness of the neck and swelling of the throat glands, with characteristic creamy patches on the tonsils. The patient should be isolated and *the doctor* at once sent for. Life depends upon prompt treatment by means of serum.

The strength should be well kept up by strong beef tea, milk, eggs, etc., and the utmost precaution should be taken to prevent the spread of the disease, which is extremely infectious. All members of the household should use an antiseptic mouthwash and gargle.

DROWNING.—The doctor, blankets and hot water bottles should at once be sent for.

Place the patient on the floor with the face downwards and one of the arms under the forehead, clasp him round the middle of the body, and raise him to allow all water to run out of throat, etc. Then turn patient on his back with a support of a cushion or folded article of dress under the shoulders. Draw the tongue forward and tie a piece of string or tape round it to keep it in position. Grasp the arms just above the elbows, and draw them gently above the head, then turn them down and force then gently and firmly for two seconds against the sides of the chest. Repeat the movement about fifteen times a minute.

From an Outpost of Empire

Walcha, New South Wales, Australia.

Dear Sirs,—I had been ailing from a bad cold for some considerable time, and nothing seemed to do me any good. I was advised by a friend to try KAY BRAND LINSEED. I did so. The first dose gave me ease, and one bottle cured me. I therefore recommend it as a very wonderful medicine.

Yours faithfully,
H. J. LAHEY.

Laxopru Laxative Syrup for Constipation.

DECEMBER NOTES, BIRTHDAYS, Etc.

1 Thurs.		17 Sat.	
2 Fri.		18 Sun.	
3 Sat.		19 Mon.	
4 Sun.		20 Tues.	
5 Mon.		21 Wed.	
6 Tues.		22 Thurs.	*Shortest Day*
7 Wed.		23 Fri.	
8 Thurs.		24 Sat.	
9 Fri.		25 Sun.	*Christmas Day*
10 Sat.	*Grouse Shooting ends*	26 Mon.	*Bank Holiday. St. Stephen*
11 Sun.		27 Tues.	
12 Mon.		28 Wed.	
13 Tues.		29 Thurs.	
14 Wed.		30 Fri.	
15 Thurs.		31 Sat	
16 Fri.			

Before going out, slip in your mouth a Kayloid Brand Compound Linseed Tablet.

DYSPEPSIA.—(See Indigestion.)

EARACHE.—This often arises from cold. Wear cotton wool in the ear to keep out the cold air, and bathe with hot water. Often, however, it is caused by the presence of wax. When this is so, the ear should be syringed with soap and warm water to remove it. A little sweet oil or hydrogen peroxide being dropped into it previously will soften the wax, and so aid in its removal.

Inhale Kayloid Brand Inhalant* to remove any nasal secretion obstructing the eustachian canal between the nose and ear.

EPILEPSY or "Falling Sickness" is characterised by a sudden seizure of insensibility coupled with convulsions. It is often hereditary.

The patient should not be left during an attack, and great care must be taken that he does not hurt himself. A cork should be placed between the teeth, the patient lie prone, and plenty of air allowed until the doctor arrives.

ERYSIPELAS of the face attacks adults of both sexes, and is rarely seen in children. Often no cause is apparent for the inflammation, but in many cases it follows a blow, or exposure to cold and cutting winds. It is very contagious.

The patient should be kept in bed and fed on nourishing diet. Air should be excluded from the inflamed skin by dusting the surface with flour, or smearing it with castor oil. This disease should be treated by a medical man.

* KAYLOID BRAND INHALANT.—Of Chemists, per Bottle **1s.**

Lodge Road, Winson Green, Birmingham.

Dear Sirs,—I most gratefully acknowledge the great benefit I have received from the use of KAY LINSEED for Bronchitis, Coughs, etc., and I shall not fail to recommend it to fellow sufferers. As this is unsolicited, you may make what use you like of it, and you may refer any querist to yours faithfully. W. T.

EYE COMPLAINTS.—Small abscesses which form between the roots of the eyelashes are called styes. Bathe in boric lotion frequently. When they burst, apply yellow precipitate ointment. When the eyelids are inflamed, elder-flower water, boric lotion or weak lead lotion should be applied several times a day by means of an eye cup; afterwards, when dried, anoint with vaseline. To remove fine particles of dirt, etc., syringe with lukewarm water; remove larger particles with a fine brush dipped in castor oil.

When irritation from cold or dust is first felt immerse the face in warm water, opening and closing the eye, then gradually cool down the water.

FAINTING.—This is generally caused by weak circulation. The patient should be laid at once on the back flat (no pillows), and free access of air allowed: all tight articles removed from about the neck, and strong smelling salts applied to the nostrils. Sprinkle cold water on the face, and give a teaspoonful of Sal-volatile in a little water, or brandy and water.

FEVERS.—Poisonous germs deposited on food by flies, mice, rats, etc., find their way into the human system, where nature endeavours to throw them off, causing a rise in the temperature of the body, with consequent consumption of the tissues.

The patient should be kept in bed, and medical aid sought. No solids should be given; beef tea, mutton broth, milk, or milk and soda-water, jellies, and barley water should be the dietary. Endeavour to induce perspiration.

Many fevers and infectious illnesses are prevented by keeping the house free from flies, mice, rats and other vermin.

FLATULENCE is the collection of gas or air in the stomach or bowels. It may be caused by the same being swallowed, or by fermentation. It is a common symptom of indigestion, and is generally due to improper food. Treatment should be the same as for indigestion. Two to five drops of terebene, taken on sugar, and repeated several times a day. Essence of Peppermint, Ginger, and Sal-volatile are also useful remedies. If constipation is present, take *Laxopru Brand Laxative Fruit Syrup.**

FRACTURES.—The part nearest the body must be steadied by someone, while the furthest removed is gently stretched out. Having got the limb into good position, splints must be applied to keep it in the position in which it has been placed. Take the utmost care to prevent the jagged ends of bone from piercing the skin, and if the skin is broken to keep the wound clean until skilled surgical attention can be procured.

GUMBOILS.—These are small abscesses which form on the gums When in the incipient stage it is only necessary to shield them against cold; but if they continue to swell and become greatly inflamed, hot fomentations may be applied to the cheek or a part of a roast fig to the boil inside the mouth. These applications will relieve the pain, and it may be necessary to lance the abscess to let out the purulent matter before a complete cure can be effected. Gumboils point to the need of an examination by a dentist.

HAY FEVER.—Hay asthma, or hay fever, is a very distressing complaint, but quite free from danger. The symptoms are sneezing, much headache, chiefly frontal, cough, difficult breathing, wheezing, tightness over the chest, and the running from the nose and eyes of a thin acrid, watery liquid. Inhale Kayloid Brand Inhalant from the handkerchief and pillow.†

HEADACHE.—There are several varieties of headache, and the complaint is symptomatic of many different ailments. If frequently recurring and constipation is present, take *Laxopru Laxative Fruit Syrup* (see under Constipation).

Bilious or sick-headache, also congestive headache, arising from a determination of blood to the head, are relieved by *Kay Brand Mountain Flax Pills*;‡ nervous headache, feverish headache, and headaches arising from overwork, etc., yield to *Kay Brand Tic Pills.*§ Headache near the eyes points to eyestrain and suggests a visit to an optician.

* Laxopru Laxative Syrup.—At Chemists, **1s. 3d.**

† Kayloid Brand Inhalant.—Of Chemists, per Bottle, **1s.**

‡ Kay Brand Mountain Flax Pills.—At Chemists, **1s. 3d.**

§ Kay Tic Pills.—At Chemists, **1s. 3d.**

Kay Brand Linseed Compound for Whooping Cough,

HÆMORRHAGE or BLEEDING.—If from a vein, fold a piece of lint or small handkerchief up and apply it to the wound, then bandage over it.

If from Varicose Veins—place the patient on his back, tie a penny up in a handkerchief, place it over the wound, and tie it tightly.

Arterial bleeding (bright red coming in spurts) may be quickly fatal. Apply pressure where it stops the bleeding (between the wound and the heart), and maintain it until medical assistance is obtained.

From the Nose—apply cold water to the forehead, raise the arms above the head, or place cold iron, as a door key, down the back.

HYSTERIA is generally accompanied by sobbing or laughter, or these may alternate.

When the attack comes on, the patient should be spoken to firmly and kindly. Loosen the dress, and give plenty of fresh air. Smelling salts should be held under the nostrils, or dash cold water on the face.

Constipation is often present. For treatment see under Constipation.

INDIGESTION or DYSPEPSIA.—The symptoms are flatulence, acidity, heartburn, and vomiting, and the causes are improper food, either in quality or quantity, irregularity in eating, or changes in the secretions of the stomach caused by eating too hurriedly or with insufficient mastication, and fermentation of undigested food.

The most common form of Indigestion is *acidity*—or acid dyspepsia, as it is called, meaning excess of acid on the stomach. It is usually accompanied by "heartburn," and flatulence, and eructations of an acid fluid which comes up to the mouth.

A quick temporary remedy for this is bicarbonate of soda; but the best plan is to attack the causes by carefully regulating the food, avoiding acid foods such as pickles, vinegar, and the like, also excess of sweet things, which afterwards turn acid in the stomach. Potatoes should be taken sparingly, and bread should not be eaten until the newness has gone. Wines should be avoided. Weak fresh tea or coffee (with milk) or cocoa may be taken. For temporary Indigestion or Biliousness, generally caused by overeating or insufficient mastication, and usually accompanied by headache and lassitude, there is nothing better and more effective than a *Kay Mountain Flax Pill* taken half an hour after the principal meal of the day, or if the effect be too potent the half of a pill may be taken. Take *Laxopru Syrup* daily until regular daily bowel function is restored.

INSECTS, BITES OF.—Apply Kaybro Anti-sting.*

INFLUENZA COLDS.—(See under Cold in the Head.)

Epidemic Influenza is more serious. It has more the character of a fever, beginning with a parched skin and aching limbs. There is no better course to adopt on its first attack, by any person unable to place himself under a doctor's care, than to take a *Kay Mountain Flax Pill*, and stay in bed for a day or two, to perspire as much as possible, and drink as much warm gruel as can be taken without discomfort. It frees the blood from fever poison more readily than any other course; and as soon as this is accomplished a rich and generous diet will speedily restore the strength. To maintain regular bowel function while confined indoors take *Laxopru Laxative Syrup*† daily. It is exceedingly important to remain in bed until all signs of lassitude and debility have entirely vanished.

If there be a cough—nothing is better than **KAY BRAND LINSEED** which relieves by loosening the phlegm and allowing it to be expectorated without straining.

* KAYBRO ANTI-STING.—At Chemists, per tube; **9d.**

† LAXOPRU LAXATIVE SYRUP.—At Chemists, **1s. 3d.**

Influenza and nasty cough relieved by Kay Brand Linseed Compound.

Ladywood, Orpington, Kent.

Dear Sirs,—Whilst at my work last Thursday I was seized with Influenza, which compelled me to take to my bed. I found I had a nasty cough coming on as well. Although I had not taken your medicine for years, I remembered KAY LINSEED always did me good, and I adopted the use of it again with very highly satisfactory results. I am glad to say that I am quite restored. I shall always endeavour to keep it by me.

I am, Gentlemen, yours faithfully,

WILLIAM GALL.

ITCH is a dirt disease caused by the burrowing of a little insect into the skin, generally between the segments of the fingers.

It is most contagious. A hot bath, using soft soap and a scrubbing brush, following the rubbing-in of sulphur ointment, will cure it. The clothing should be disinfected by boiling or other means.

LUMBAGO.—Chronic Rheumatism in the lower part of the back; the symptoms are pain and stiffness.

The application of a belladonna plaster often gives relief. Turpentine or Mustard, sprinkled on a flannel wrung out of hot water, is very useful. Aspirin tablets will alleviate the rheumatic tendency.

MEASLES is a contagious disorder, common amongst children. It begins with a cold in the head, fever, and sickness, and a rash appears on the fourth day.

The duration of the complaint is 14 days.

The child must be kept in bed, having first had a hot bath. Milk, chicken broth, beef tea, and toast and water should be the diet. Unless care is taken, serious injury to the system may remain. Isolation is imperative.

Complications may occur, such as convulsions, inflammation of the lungs, bronchitis, and a doctor in such cases should at once be sent for, especially if the eruptions deepen in colour.

MUMPS is an inflammatory disease of the glands which lie in front of and below the ear, and is infectious.

It begins with slight fever, followed by great swelling of the infected glands, and the breath becomes fœtid. The patient must be kept warm and a saline aperient adminstered frequently for two days. Fomentations to the glands give relief.

NETTLERASH or URTICARIA is a skin eruption, so called from the fact that the parts affected appear to have been stung by nettles.

If from food very recently swallowed an emetic of mustard and warm water will relieve at once.

The cause is generally some unusual and unsuitable article of food. If recently swallowed, an emetic of mustard and warm water should be given, followed by *Laxopru Brand Laxative Fruit Syrup.** To relieve itching, rub the spots with vaseline or wetted washing soap.

A dose of *Laxopru Laxative Fruit Syrup* hastens complete recovery.

Relief from the itching may be got by applying vaseline or by rubbing on a little common soap, leaving it to dry.

NEURALGIA, NEURITIS, TIC-DOLOREUX (Faceache).—One *Kay Brand Tic Pill*† gives speedy relief. In obstinate cases a second or even third may be required at intervals of three hours between each. In faceache, hot fomentations of Camomile Flowers and Poppy Heads are excellent. To restore nerve tone, one *Kay Brand Tic Pill* should be taken daily after the principal meal for a few weeks.

* Laxopru Laxative Fruit Syrup.—At Chemists, **1s. 3d.**

† Kay Tic Pills.—At Chemists, **1s. 3d.**

From the West Indies

Ordnance Office, Ireland Island, Bermuda.

Dear Sirs,—I have proved your Kay Linseed a wonderful preparation for colds. Last year I had a severe cold, one of the worst in my experience, and I was entirely cured by it. I always have much pleasure in recommending Kay Linseed to my friends, and I forward this as a testimonial to one of the best preparations of its kind ever manufactured.

Yours very sincerely,

W. N. T. WILLIAMS, F.A.O.D.

PILES or HÆMORRHOIDS.—These are liable to inflammation, which occasions acute pain. The application of gall and opium ointment, regulation of diet by avoiding all highly seasoned dishes, alcoholic liquors, and pastry will in simple cases effect a cure. The motions should be kept soft by regular doses of *Laxopru Laxative Fruit Syrup**. Regularity of habit should be acquired and the parts anointed with Glycerine or Olive Oil.

Bleeding Piles are more serious, being liable to weaken. Tincture of Hamamelis Lotion is strongly recommended for this purpose, but a medical man should be consulted.

PLEURISY.—Indicated by a severe stabbing or shooting pain inside the cavity of the lungs increased by coughing. It is an inflammation of the membrane which covers the lungs, and is generally caused by exposure to cold and wet. The patient should be placed in bed immediately. Linseed Meal poultices should be applied to the chest and back, and the doctor sent for.

PNEUMONIA is an inflammation of a part of the lung, and is generally indicated by shiverings, headaches, and pains on the side of the chest. There is loss of appetite, the face is flushed, and the breathing short and rapid, with a rise in the temperature. Medical aid should be at once sought.

POISONING.—If by carbolic or other acid, give oil or white of egg, with a little baking soda, until medical assistance arrives. The stomach should then be washed out with a solution of Epsom Salts, or other saline. If by alkalies, such as caustic ammonia or soda, give diluted vinegar or lemon juice at once, then milk, white of egg, etc., to preserve the coats of the stomach. If by narcotics and sleep supervenes, give an emetic of mustard and warm water until vomiting ensues. Keep the patient awake by every possible means (strong coffee, etc.).

RHEUMATISM may be divided into two kinds—acute and chronic—and the cause is excess of uric acid in the system. As grave complications may arise in the acute form of this disease, the patient should be put to bed, and medical advice called in. In chronic rheumatism, Turkish baths are to be recommended, and cod liver oil and tonics should be administered. Celery, eaten boiled or otherwise, is a preventative of rheumatism, and the use of sulphur is also good for this purpose. Aspirin in five-grain doses is highly beneficial.

SCIATICA is neuralgia of the sciatic nerve in the lower parts of the back. Tonic medicines are required, and the general health should be attended to. *Kay Tic Pills*† often give relief. Apply Belladonna Liniment locally.

SORE THROAT is generally the outcome of a cold, though it is also an attendant symptom of Scarlatina and Diphtheria and most fevers. When it arises from cold, a dose of *Kay Brand Linseed Compound* taken in warm water at bed-time is a most effective remedy. The cure is, however, facilitated if the patient will take in conjunction one of the *Kay Mountain Flax Pills.*‡ For external application, Hartshorn and Oil should be applied on flannel. Great relief will be obtained if the sufferer gargles well in the morning with a little

* Laxopru Laxative Fruit Syrup.—At Chemists, **1s. 3d.**

† Kay Tic Pills.—At Chemists, **1s. 3d.**

‡ Kay Brand Mountain Flax Pills.—At Chemists, **1s. 3d.**

Clergyman recommends Kay Brand Linseed to his clerical brethren.

The Lodge, Thornbury Castle.

Gentlemen,—Allow me in common gratitude to thank you for the "Stockport Remedy." I have, as a clergyman working in a large parish, sometimes to preach as many as three sermons on a Sunday, and thus a cold or a cough is a great hindrance to me. I can assure you that Kay Brand Linseed has never yet failed to give me substantial relief. I shall always have it by me and recommend it, particularly to my clerical brethren. You may make what use you like of this letter.

Faithfully yours,

FRANK W. HAINS, B.A.

of the *Kay Linseed* in warm water, and repeats during the day whenever the throat feels dry or parched

Another remedy: Mop the throat with a large camel-hair brush and whisky: this will clean the surface of the mucous membrane.

SORES, BED.—Patients confined to bed for lengthy periods should daily have their backs treated to prevent bed-sores which are often a serious hindrance to comfort and recovery

Bathe the parts affected with a weak lead lotion or spirits of wine, and carefully dry. If the skin breaks, Boric Ointment or Iodoform should be used

SPASMS.—(See Colic.)

SPRAINS.—If slight, apply cold running water, bandages of arnica, or spirit lotion If severe, foment the part well with warm water, and apply hot cloths with a flannel compress over it. When the more acute symptoms have passed, wrap the part in cotton wool, and apply a good, firm bandage, so as to give a feeling of security. The use of the cold douche and friction with a rough towel are also very beneficial.

THRUSH.—This is a disease common amongst infants, and appears in the form of white specks in the mouth which may extend to the stomach. The mouth should be painted by means of a camel-hair brush with borax and glycerine or borax and honey. If the bowels are disordered *Laxopru Laxative Fruit Syrup*† should be administered.

TOOTHACHE.—Often relief may be obtained, when the tooth is hollow, by wiping the tooth out, then plugging it by a piece of wool soaked in carbolic acid, oil of cloves or creosote; withdraw after a few seconds and rinse with warm water. (See also **Neuralgia** page 16.)

VARICOSE VEINS.—There is a danger of one bursting and causing a serious loss of blood. In such case the patient should be laid down, the limb held up and bandage as directed under **Hæmorrhage.** Elastic stockings or bandages should be worn, which materially lessen the risk of accident, and give the required support.

WARTS and CORNS are best destroyed by painting them over with Corn Paint obtainable from all chemists. In the case of a wart, tie round the base tightly with a piece of silk thread; the excrescence dies quicker.

WOUNDS.—Cleanse thoroughly by washing in warm water, containing boric acid (teaspoonful to the cupful). Draw the edges together, and cover the wound so as to exclude the air and stop the bleeding, pour on Friar's Balsam, and dress with boric lint and adhesive tape plaster.

Contused wounds should be cleansed with boric acid in water; then place a piece of lint soaked in it over the wound, and bandage lightly. Wounds contaminated with road dirt or manure should be cleansed with special care and painted with tincture of iodine to avert tetanus infection.

† Laxopru Brand Laxative Fruit Syrup.—At Chemists, **1s. 3d.**

Australian Chemist recommends Kay Brand Linseed Compound.

Loyalstone, Lyndhurst, New South Wales, Australia.

Gentlemen.—I just wish to drop you a few lines in praise of Kay Linseed. When travelling in New South Wales I caught influenza. I had two different doctors attending me without doing any good, and tried many patent medicines without effect. A Chemist at Brewarrina told me that he could prescribe nothing better than a bottle of Kay Linseed. I bought a bottle, which enabled me to cough up all the phlegm, and two bottles made a complete cure. There are plenty of other remedies sold, but none of them are a patch on yours for anything the matter with the chest, throat or lungs. You may make what use of this you can.

Yours faithfully,

CHAS. V. T. BURKE.

Poultices

LINSEED.—Scald a basin out and pour sufficient boiling water into it. Add linseed meal and work it well, adding a little olive oil. Then spread on flannel, or cotton wool.

MUSTARD.—Mix equal parts of mustard and linseed meal into a paste with hot water and spread as above. The quantity of mustard may be diminished should a mild effect be desirable. Cover with muslin before applying.

BREAD.—Scald a basin out and pour boiling water into it. Add stale bread without crust and stir the mixture. Draw off the superfluous moisture and spread the pulp on muslin. Apply hot.

BORIC.—Soak a piece of lint in boiling water. Cover thickly with boric acid, pressing out the lumps. Apply quickly. Useful for whitlows and broken chilblains discharging matter.

Sick Dietary

Few patients can take solid food early in the morning, as the mouth is probably dry from a feverish night. Give a little fruit juice from oranges or grapes, beef tea, arrowroot, gruel with a little sherry in it, or other diluent. Food should be given little and often in cases of great debility.

ARROWROOT.—Mix a teaspoonful of arrowroot in cold water and pour boiling water upon it, stirring it all the time.

BEEF TEA.—One pound to one pint; take of beef, without skin or fat and cut it into small pieces. Put it into a jar with water, salt and pepper as may be desired. Heat gradually for two or three hours When almost at boiling, withdraw, and when cold skim off the fat.

MUTTON or VEAL BROTH.—Take of mutton or veal one pound, cold water one quart, a little salt according to taste, and rice one ounce. Simmer for four hours, boil for a few minutes, strain and serve hot.

FISH.—Whiting, Plaice and Soles are the kind of fish most suitable for invalids, according to the season. The best mode of cooking fish is to boil or steam it.

EGG FLIP.—Ingredients: one teacupful of milk, one teaspoonful of sugar, one white of egg. Pour the boiling milk over the white of egg well beaten up, stirring all the time. Add sugar to taste. A little pepper is an agreeable addition.

BARLEY WATER.—Put two ounces of well-washed barley into a jug with the outer peel of a quarter of a lemon, add two pints of boiling water; allow it to cool, strain, and use cold.

Sneezing
Nasal Catarrh
Cold-in-the-Head
Stuffed-up Nostrils
Influenza Colds
are

SWIFT relief to nasal passages congested and clogged with nasal secretion is obtained by inhaling Kayloid Inhalant. Its spicy aromatic essences liquefy hardened mucus and gently cleanse the nasal cavities. A few drops on the handkerchief protect against the infection of influenza colds while in cinemas, trams and other crowded places.

relieved in a minute by inhaling

Does not irritate.
Of chemists **1**/- per flask.

KAYLOID Reg'd. Brand
Inhalant

Hints for the Sick Room

The sick person's face, hands, and feet should be washed regularly with warm water and soap, and the hair combed every day.

When a person lies long in bed, take great care that the back and hips are kept clean and dry. If any place looks red and tender, dab it twice a day with brandy or spirits of camphor, and arrange the pillows so as to take the weight off the tender parts.

Light is essential to the recovery of the sick. If possible, the bed of the patient should be so placed that a bit of clear blue sky can be seen by the person lying thereon, adding thereby much to his comfort.

Keep the Sick Room well ventilated. If the weather is warm enough, the door or window should be open. If cold there should be a fire, and the chimney should never be stopped up.

During the day attend to the necessaries for the night, that the rest of the patient and family be not disturbed.

Renew coal upon the fire quietly; place it in brown paper bags and lay them on the fire thus avoiding the noise which is irritating to the sick.

Remove flowers before they become stale.

Remove offensive matter promptly. All chamber vessels should be removed as soon as used and a little Disinfectant Powder or Sanitary Fluid put into them.

Keep flies out of the sick room. A few Flysac or Viper Flycatchers, obtainable from the Chemist, will quickly clear the room.

Always appear cheerful, however great your anxiety.

Kindness and tenderness are needful to successful nursing. Human nature longs to be soothed on all occasions when it is out of tune.

Spoil Sports !

The worst "spoil sports" are the innumerable insects which bite or sting, especially mosquitoes, gnats and wasps. The effect of bites and stings is often serious, varying from swelling and slight malaise to severe constitutional disturbance. Malaria, marsh fever, sleeping sickness are spread in this way. KAYBRO Anti-sting is a greaseless vanishing cream, composed of volatile essences which are highly repellent to insect life though barely perceptible to human senses.

Ensure unalloyed pleasure on the river, tennis court, golf links and the "open road."

TAKE WITH YOU A TUBE OF

9d. *at Chemists and Sports Dealers.*

KAYBRO Regd.
Anti-sting

Joan and Peter want no pennies before taking *Laxopru Laxative Fruit Syrup*. They'd finish the whole bottle if mother wasn't watching!

But one little spoonful now and then is enough to keep them always bright and happy.

Laxopru Syrup acts with the gentle thoroughness of the fruit laxatives which compose it. Safe for the youngest. Sure for the grown-up.

Keep a bottle handy against those attacks of depression—we all get them—Laxopru Syrup *will work wonders.*

Laxopru BRAND

LAXATIVE SYRUP

Of chemists at **1/3** per bottle, or at same price post free from Kay Brothers Ltd., Manufacturing Chemists, Stockport

A tendency to biliousness is an important and often the only sign of sluggishness in the food canal. When this exists the digestive system is very easily upset. A full meal or any unusual food is then followed by a bilious attack. Immediate relief is obtained by taking one to two Kay Brand Mountain Flax Pills. A permanent cure requires a course of Laxopru Syrup to ensure a complete daily evacuation showing restoration of healthy activity to the food canal.

Infectious Diseases Table

	Incubation Period	Infection Ceases*	Isolation Period†
Chicken Pox	12–20 days	When all scales have fallen off	20 days
Diphtheria	2–10 days	4 weeks	12 days
Influenza	1–4 days	3 days after temperature returns to normal	5 days
Measles	10–14 days	2 weeks from appearance of rash	16 days
Mumps	10–22 days	In 3 weeks or 1 week after swelling ceases *whichever is later*	24 days
Scarlet Fever	1–8 days	Six weeks if peeling and other symptoms have disappeared	10 days
Whooping Cough	7–14 days	Five weeks, but whooping and spasmodic cough must have ceased at least 2 weeks	21 days

* From appearance of infection except where otherwise stated.
† From *last* exposure to infection.

HEIGHT AND WEIGHT TABLES.

Average weight with clothing

Age last birthday years	Boys st.	Boys lbs.	Girls st.	Girls lbs.
3	2	6	2	3½
4	2	9¼	2	8
5	2	12	2	11
6	3	2¼	2	13¾
7	3	7¾	3	5½
8	3	13	3	10
9	4	4½	3	13½
10	4	11½	4	6
11	5	2	4	12
12	5	6¾	5	6½
13	5	12½	6	3
14	6	8	6	12¾
15	7	4¾	7	8¼
16	8	7	8	1

Average weight for height of adults.

Men Height ft.	Men Height ins.	Men Weight st.	Men Weight lbs.	Women Height ft.	Women Height ins.	Women Weight st.	Women Weight lbs.
5	1	8	4	4	9	6	11
5	2	9	0	4	10	7	0
5	3	9	7	4	11	7	4
5	4	9	13	5	0	7	7
5	5	10	2	5	1	7	12
5	6	10	5	5	2	8	2
5	7	10	8	5	3	8	9
5	8	11	1	5	4	9	2
5	9	11	8	5	5	9	9
5	10	12	1	5	6	9	13
5	11	12	6	5	7	10	8
6	0	12	10	5	8	11	4

INFANTS' WEIGHT TABLE

In this table the average weight without clothes is given, in pounds, for each month. Average weight at birth 7½ lbs. (boys), 7 lbs. (girls).

Month	Boys	Girls	Month	Boys	Girls
1	8¾	8¼	13	23	21½
2	10¾	10¼	14	23¾	22
3	12¼	11¾	15	24¼	22½
4	13¾	13	16	24¾	23
5	15	14	17	25½	23½
6	16¼	15¼	18	26	24¼
7	17½	16½	19	26½	24½
8	18¾	17½	20	26¾	25
9	19¾	18½	21	27¼	25¼
10	20½	19	22	27½	25½
11	21½	20	23	28	26
12	22½	21	24	28½	26½

If baby is weighed with clothes weigh the latter separately and deduct their weight. The average weight of baby's clothes is 2 lbs.

Household Pests

HOUSE or "Typhoid" Flies.—Use Viper Sticky fly-catchers (obtainable at chemists, grocers and general stores, or box of 36 sent post free for P.O. **3/-** by Kay Brothers Ltd., Stockport), or ERA Superspray.

Bugs, Beetles, and Fleas.—Use ERA Flyspray (Sprayer and fluid complete **2/6** at chemists and stores).

Rats and Mice.—Spread DAK Ratlime upon tin or cardboard and add bait. Place this sticky trap to intercept the run. DAK is sold by chemists, seedsmen, ironmongers, etc., at **1/-** (mice only), **2/6** (for rats or mice), **4/6** and **14/6**.

Midges, Mosquitoes, Gnats, etc.—To ward them off and to prevent irritation and swelling apply KAYBRO ANTI-STING. Of chemists, in tubes, **9d.** each.

Earwigs, Ants, Wasps and Blackbeetles.—Take a sheet of brown paper. Smear it thinly with KAY'S CHESHIRE Birdlime and scatter a little sugar or oatmeal over it. KAY'S CHESHIRE Birdlime is sold by chemists at **3d., 6d., 9d.** and **1/-**.

Fruit Tree Pests are trapped by sticky bands of ORBITE placed round the tree stem. Tin (with full instructions) for 8 trees **2/6**, from horticultural suppliers.

FOR A PERFECT REPAIR

COAGULINE CEMENT

Sets glass-clear and glass-hard. Used by connoisseurs, collectors and curio dealers for fifty years.

In bottles at chemists **6d.** and **1/-**.

TENASITINE—Liquid Super-Cement. Tubes, **8d., 5d., 3d.,** and **1½d.**
DIDO-TENASITINE—Water and Heatproof Cement. Tubes, **6d.**
KAY CUE CEMENT—For tipping billiard cues, **6d.** and **1/-.**
KLINX—Fire-resisting Cement for fireplace tiles, statuary. Tins, **9d.**

If unobtainable locally write **KAY BROTHERS LTD., STOCKPORT,** *enclosing stamps for cost of the cement desired.*

MISCELLANEOUS MEASURES

Bread, quartern loaf	= 4 lbs.
Bricks, load of	= 500
Butter, firkin of	= 56 lbs. ; barrel = 224 lbs.
Coals, Sack, 2 cwt. ;	Small do., 1 cwt.
Coke, Sack	= 1 cwt. (about 3 bushels)
„ Chaldron	= 12 sacks (12 cwt.)
Flour, bag,	= 140 lbs.
„ peck,	= 14 lbs.
Glass, Seam of	= 120 lbs.
Hay, Old, load	= 36 trusses (18 cwt.)
„ „ truss	= 56 lbs.
„ New, load	= 36 trusses (19 cwt. 32 lbs.)
„ „ truss	= 60 lbs.
Hops, pocket of	= 1½ to 2 cwt.
Paper, quire	= 24 sheets
„ ream	= 20 quires
Parchment, roll of	= 60 skins
Potatoes, sack of	= 168 lbs.
Raisins, box of	= 56 lbs.
„ barrel	= 112 lbs.
Soap, soft, firkin	= 64 lbs.
„ barrel	= 256 lbs.
Straw, load	= 36 trusses (11 cwt. 64 lbs.)
„ truss of	= 36 lbs.
Tea, chest of, Congou	= 80 to 100 lbs.
„ Hyson	= 60 to 80 lbs.

Cricket Pitch .. .. 22 *yards* (*one chain*) *between stumps.*

Lawn Tennis Court .. 78 × 36 *feet* (*double*) ; 78 × 27 *feet* (*single*).

WEIGHTS AND MEASURES

1 Minim (♏)	= 1 Drop
1 Drachm	= 1 Teaspoonful (60 Drops)
2 Drachms	= 1 Dessertspoonful
4 Drachms	= 1 Tablespoonful
60 Minims (♏)	= 1 Drachm, ℥
8 Drachms	= 1 Ounce, ℥ or oz.
20 Ounces	= 1 Pint (nearly ½ litre)
4 Gills*	= 1 Pint.
2 Pints	= 1 Quart (1$\frac{1}{10}$ litre)
4 Quarts	= 1 Gal. (277·274 cub. in.)
2 Gallons	= 1 Peck
4 Pecks (8 gal.)	= 1 Bushel (1·2837 cub. ft.)
8 Bushels	= 1 Quarter
12 Sacks	= 1 Chaldron
5 Quarters	= 1 Wey or Load (51·347 cub. ft.)
10 Quarters	= 1 Last

An Imperial Gallon of distilled water weighs 10 lb. Avoirdupois

A wineglass holds about 2 oz. ; a teacup 5 to 10 oz.

* In the North and West of England half a pint is called a gill, and a true gill a " noggin."

METRIC EQUIVALENTS

Metre	= 1.09 yards or 39 inches
Kilometre	= ⅝ mile (8 kilometres = 5 miles)
Gramme	= 15½ grains
Kilogramme	= 2⅕ lb. or 35 oz.
Litre	= 1¾ pints or 35 oz

John,
That's
twice
you've
coughed
since
dinner!

Come and take your

KAY Linseed Compound

Brand Compound Essence of Linseed or

To clear your voice

KAYLOID BRAND

Compound Linseed Tablets

In vest pocket tins at 9d. Of Chemists, or post free at same price from

Kay Brothers Ltd., Stockport.

Some Products of

KAY BROTHERS Ltd.

Manufacturing Chemists, STOCKPORT

Established 1786
Incorporated 1887

Cables and Telegrams: KAY, STOCKPORT
Telephone: STOCKPORT 2247

Kay Brand Linseed Compound for Coughs and Colds, **1/3, 3/–, 5/–** and **12/–.**
Kay Brand Mountain Flax Pills for Constipation, **1/3** and **3/–.**
Kay Brand Tic Pills for Neuralgia, **1/3** and **3/–.**
Laxopru Brand Laxative Fruit Syrup, **1/3.**
Kayloid Brand Inhalant for Nasal Infections, **1/–.**
Kayloid Compound Linseed Tablets for the Voice, **9d.**
Kaybro Anti-sting for Stings and Bites of Insects, **9d.**
Coaguline China Cement, **6d.** and **1/–.**
Tenasitine Super-cement (tube), **8d., 5d., 3d.** and **1½d.**
Dido (Waterproof Tenasitine), **6d.**
Klinx White Cement for Tiles, **9d.**
Kay Cue Cement, **6d.** and **1/–.**
Kay Cheshire Birdlime, **3d., 6d., 9d.** and **1/–.**
Dak for Mice, **1/–.**
Dak Ratlime, **1/6, 2/6, 4/6, 8/6** and **14/6.**
Orbite Tree Banding Material, **2/6, 4/9** and in pails.
Viper, Gorgon and Flysac Sticky Flycatchers.
Era Super-spray for flies, fleas, bugs, beetles, etc.
Kay Asthma Cigarettes, **1/6.**

KAY PRODUCTS ABROAD

Throughout the British Empire and in most other civilised countries the products of Kay Brothers Ltd., are obtainable from the principal chemists. Before going abroad enquiry should be addressed to Kay Brothers Ltd., Stockport, for the names of the agents in the country of destination.